

## Claims

What is claimed is:

1     1. A portable exercise apparatus comprising:

2             a body support structure comprising a sitting structure pivotally attached to a back  
3     support structure, wherein the back support structure is adapted to be positioned at a plurality of  
4     angular positions with respect to the sitting structure, and wherein the body support structure is  
5     adapted to be placed on a supporting structure; and

6             at least one exercising structure adapted to be removably attached to the body support  
7     structure, wherein the at least one exercising structure comprises a first resilient structure  
8     movably attached to a second resilient structure, a first attachment device, and a resistance means  
9     for applying a preset amount of resistance against movement of the first resilient structure with  
10    respect to the second resilient structure, wherein the attachment device is adapted to removably  
11    attach the second resilient structure to the body support structure, and wherein the portable  
12    exercise apparatus is portable with respect to the supporting structure.

1     2. The portable exercise apparatus of claim 1, wherein the first resilient structure is rotatably  
2     attached to the second resilient structure.

1     3. The portable exercise apparatus of claim 1, wherein the body support structure is placed on the  
2     supporting structure, and wherein the supporting structure is selected from the group consisting

3 of a couch and a chair.

1 4. The portable exercise apparatus of claim 1, wherein the body support structure is placed on  
2 the supporting structure, and wherein the supporting structure is a floor.

1 5. The portable exercise apparatus of claim 1, wherein the body support structure is placed on  
2 the supporting structure, and wherein the supporting structure is a wheel chair.

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1 6. The portable exercise apparatus of claim 1, wherein the body support structure is placed on  
2 the supporting structure, and wherein the supporting structure is an automobile seat.

1 7. The portable exercise apparatus of claim 1, wherein the resistance means comprises at least  
2 one resistance band.

1 8. The portable exercise apparatus of claim 1, wherein the resistance means comprises at least  
2 one spring.

1 9. The portable exercise apparatus of claim 1, wherein the back support structure comprises a  
2 first substantially flat structure mounted on a first side of a first frame, a first elongated member  
3 attached to the first frame, and a second elongated member attached first frame, and wherein the  
4 sitting structure comprises a second substantially flat structure mounted on a first side of a

5 second frame, a third elongated member attached to the second frame, and a forth elongated  
6 member attached to the second frame.

1 10. The portable exercise apparatus of claim 9, wherein the at least one exercising structure is  
2 removably attached to the first elongated member.

1 11. The portable exercise apparatus of claim 9, wherein the at least one exercising structure is  
2 removably attached to the second elongated member.

1 12. The portable exercise apparatus of claim 9, wherein the at least one exercising structure is  
2 removably attached to the third elongated member.

1 13. The portable exercise apparatus of claim 9, wherein the at least one exercising structure is  
2 removably attached to the forth elongated member.

1 14. The portable exercise apparatus of claim 9, wherein the first substantially flat structure and  
2 the second substantially flat structure each comprise a material selected from the group  
3 consisting of wood, metal, and plastic.

1 15. The portable exercise apparatus of claim 9, further comprising a first padding structure  
2 coupled to the first substantially flat structure and a second padding structure coupled to the

3 second substantially flat structure.

1 16. The portable exercise apparatus of claim 15, further comprising a first padded structure  
2 mechanically attached to a second side of the first frame and a second padded structure  
3 mechanically attached to a second side of the second frame.

1 17. The portable exercise apparatus of claim 9, wherein the second resilient structure is an  
2 armrest structure removably attached to the third elongated member.

1 18. The portable exercise apparatus of claim 17, wherein the first resilient structure is pivotally  
2 attached to the armrest structure.

1 19. The portable exercise apparatus of claim 9, wherein the second resilient structure is an  
2 armrest structure removably attached to the forth elongated member.

1 20. The portable exercise apparatus of claim 19, wherein the first resilient structure is pivotally  
2 attached to the armrest structure.

1 21. The portable exercise apparatus of claim 9, further comprising a leg exercising structure,  
2 wherein the sitting structure comprises a fifth elongated member attached to the second frame,  
3 wherein the leg exercising structure is removably attached to the fifth elongated member,

4 wherein the leg exercising structure comprises a third resilient structure pivotally attached to an  
5 attachment structure, a forth resilient structure pivotally attached to the attachment structure, and  
6 a second resistance means for applying a preset amount of resistance against movement of the  
7 third resilient structure and the forth resilient structure, and wherein the attachment structure is  
8 adapted to removably attach the leg exercising structure to the fifth elongated member.

1 22. The portable exercise apparatus of claim 9, further comprising a plurality of resistance  
2 bands, wherein the first elongated member, the second elongated member, the third elongated  
3 member, and the forth elongated member each comprise a plurality of hooking devices adapted  
4 to removably attach each of said resistance bands to each of said elongated members.

1 23. The portable exercise apparatus of claim 22, wherein each of the plurality of hooking devices  
2 are selected from the group consisting of a hook and an eyelet.

1 24. The portable exercise apparatus of claim 9, further comprising a third frame structure  
2 removably attached to the first elongated member and the second elongated member, wherein the  
3 third frame structure is adapted to be used for isometric exercises.

1 25. The portable exercise apparatus of claim 1, further comprising an accessory holding structure  
2 removably attached to the body support structure.

1 26. The portable exercise apparatus of claim 1, further comprising an elongated exercising

1 structure removably attached to the body support structure, wherein the elongated exercising  
2 structure comprises a fifth resilient structure slidably attached to a sixth resilient structure and a  
3 third resistance means for applying a preset amount of resistance against movement of the fifth  
4 resilient structure with respect to the sixth resilient structure.

1 27. The portable exercise apparatus of claim 1, further comprising:

2 a pivotally attachable exercising structure pivotally attached to the support structure,  
3 wherein the pivotally attachable exercising structure is adapted to be removably attached to the  
4 body support structure at a pivot point, and

5 a fourth resistance means for applying a preset amount of resistance against movement of  
6 the pivotally attachable exercising structure with respect to the body support structure.

1 28. The portable exercise apparatus of claim 1, further comprising a joystick exercising structure  
2 removably attached to the body support structure, wherein the joystick exercising structure  
3 comprises a resistance spring pivotally attaching a first tubular structure to a second tubular  
4 structure, and wherein the resistance spring is adapted to apply a preset amount of resistance  
5 against movement of the first tubular structure with respect to the second tubular structure.  
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1 29. The portable exercise apparatus of claim 28, wherein the joystick exercising structure further  
2 comprises a third tubular structure perpendicularly attached to the first tubular structure, and

- 3 wherein the third tubular structure is adapted to function as a handle for moving the first tubular
- 4 structure with respect to the second tubular structure.

1     30. A method for exercising comprising:

2             providing a portable exercise apparatus comprising: a body support structure and at least  
3     one exercising structure, wherein the support structure comprises a sitting structure pivotally  
4     attached to a back support structure, wherein the back support structure is adapted to be  
5     positioned at a plurality of angular positions with respect to the sitting structure, wherein the at  
6     least one exercising structure comprises a first resilient structure movably attached to a second  
7     resilient structure, a first attachment device, and a resistance means for applying a preset amount  
8     of resistance against movement of the first resilient structure with respect to the second resilient  
9     structure;

10            placing the body support structure on a supporting structure, wherein the portable  
11     exercise structure is portable with respect to the supporting structure;

12            removably attaching by the first attachment device, the at least one exercising structure to  
13     the body support structure; and

14            moving against a preset amount of resistance provided by the resistance means, the first  
15     resilient structure with respect to the second resilient structure.

1     31. The method of claim 30, wherein the first resilient structure is rotatably attached to the  
2     second resilient structure.

1     32. The method of claim 30, wherein the supporting structure is selected from the group  
2     consisting of a couch and a chair.



- 1 33. The method of claim 30, wherein the supporting structure is a floor.
- 1 34. The method of claim 30 , wherein the supporting structure is a wheel chair.
- 1 35. The method of claim 30, wherein the supporting structure is an automobile seat.
- 1 36. The method of claim 30, wherein the resistance means comprises at least one resistance band.
- 1 37. The method of claim 30, wherein the resistance means comprises at least one spring.
- 1 38. The method of claim 30, wherein the back support structure comprises a first substantially  
2 flat structure mounted on a first side of a first frame, a first elongated member attached to the  
3 first frame, and a second elongated member attached to the first frame, and wherein the sitting  
4 structure comprises a second substantially flat structure mounted on a first side of a second  
5 frame, a third elongated member attached to the second frame, and a forth elongated member  
6 attached to the second frame.
- 1 39. The method of claim 38, further comprising removably attaching the at least one exercising  
2 structure to the first elongated member.
- 1 40. The method of claim 38, further comprising removably attaching the at least one exercising

1 . structure to the second elongated member.

1 41. The method of claim 38, further comprising removably attaching the at least one exercising  
2 structure to the third elongated member.

1 42. The method of claim 38, further comprising removably attaching the at least one exercising  
2 structure to the forth elongated member.

1 43. The method of claim 38, wherein the first substantially flat structure and the second  
2 substantially flat structure each comprise a material selected from the group consisting of wood,  
3 metal, and plastic.

1 44. The method of claim 38, further comprising providing a first padding structure coupled to  
2 first substantially flat structure and a second padding structure coupled to the second  
3 substantially flat structure.

1 45. The method of claim 44, further comprising providing a first padded structure mechanically  
2 attached to a second side of the first frame and a second padded structure mechanically attached  
3 to a second side of the second frame.

1 46. The method of claim 38, wherein the second resilient structure is an armrest structure, and

1 wherein the method further comprises;  
2 removably attaching the armrest structure to the third elongated member.

1 47. The method of claim 46, wherein the first resilient structure is pivotally attached to the  
2 armrest structure.

1 48. The method of claim 38, wherein the second resilient structure is an armrest structure, and  
2 wherein the method further comprises;  
3 removably attaching the armrest structure to the forth elongated member.

1 49. The method of claim 48, wherein the first resilient structure is pivotally attached to the  
2 armrest structure.

1 50. The method of claim 38, further comprising:  
2 providing a leg exercising structure comprising a third resilient structure pivotally  
3 attached to an attachment structure, a forth resilient structure pivotally attached to the attachment  
4 structure, and a second resistance means for applying a preset amount of resistance against  
5 movement of the third resilient structure and the forth resilient structure , wherein the sitting  
6 structure comprises a fifth elongated member attached to the second frame;  
7 removably attaching by a first attachment device, the leg exercising structure to the fifth  
8 elongated member; and

9 moving against the preset amount of resistance provided by the second resistance means,  
10 the third resilient structure and the forth resilient structure.

1 51. The method of claim 38, further comprising:

2 providing a plurality of resistance bands, wherein the first elongated member, the second  
3 elongated member, the third elongated member, and the forth elongated member each comprise a  
4 plurality of hooking devices attached to each of said elongated members; and

5 removably attaching at least one of said resistance bands to at least one of said hooking  
6 devices.

1 52. The method of claim 51, wherein each of the plurality of hooking devices are selected from  
2 the group consisting of a hook and an eyelet.

1 53. The method of claim 38, further comprising:

2 providing a third frame structure; and

3 removably attaching the third frame structure to the to the first elongated member and the  
4 second elongated member; and

5 using the third frame structure for isometric exercises.

1 54. The method of claim 30, further comprising:

2 providing an accessory holding structure ; and

removably attaching the accessory holding means to the body support structure.

55. The method of claim 30, further comprising;

providing an elongated exercising structure comprising a fifth resilient structure slidably attached to a sixth resilient structure and a third resistance means for applying a preset amount of resistance against movement of the fifth resilient structure with respect to the sixth resilient structure;

removably attaching the elongated exercising structure to the body support structure; and  
moving against the preset amount of resistance provided by the third resistance means, the fifth resilient structure with respect to the sixth resilient structure.

56. The method of claim 30, further comprising:

providing a pivotally attachable exercising structure and a fourth resistance means for applying a preset amount of resistance against movement of the pivotally attachable exercising structure with respect to the body support structure;

removably attaching the pivotally attachable exercising structure to the body support structure at a pivot point, and

moving against the preset amount of resistance provided by the fourth resistance means, the pivotally attachable exercising structure with respect to the body support structure.

1     57. The method of claim 30, further comprising:  
2             providing a joystick exercising structure comprising a resistance spring pivotally  
3     attaching a first tubular structure to a second tubular structure;  
4             removably attaching joystick exercising structure to the body support structure; and  
5             moving against a preset amount of resistance provided by the resistance spring, the first  
6     tubular structure with respect to the second tubular structure.

1     58. The method of claim 57, further comprising:  
2             providing a third tubular structure perpendicularly attached to the first tubular structure;  
3     and  
4             moving by the third tubular structure, the first tubular structure with respect to the second  
5     tubular structure.

1     59. The method of claim 30, further comprising:  
2             removing the at least one exercising structure from the body support structure; and  
3             removing the body support structure from the supporting structure.

1     60. The method of claim 59, further comprising folding the body support structure for storage.

1     61. The method of claim 59, further comprising folding the body support structure for transfer to  
2     a second supporting structure.